

# Tuning into Teens

Emotionally Intelligent Parenting



## Tuning into Teens

A six-session parenting program for parents with children in year 6 and secondary school.

### Would you like to:

- Connect and communicate better with your teen?
- Support your teen's ability to manage their emotions?
- Strengthen your teen's resilience?

**Tuning in to Teens teaches you how to help your child develop emotional intelligence.**

### Children with higher emotional intelligence:

- ✓ Know how to calm and manage their emotions
- ✓ Tend to have fewer childhood illnesses and better mental health
- ✓ Have greater success with relationships
- ✓ Are better able to focus and do well through school and life

## Term Two Schedule

<b>Times</b>	<b>Mondays 10am – 12pm</b>
<b>Dates</b>	<b>May 9 – June 20 (6 sessions, break on Queens Birthday public holiday)</b>
<b>Location</b>	<b>Online via Zoom</b>

**FREE**

Limited places  
Register now.

**Inquiries:**

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